



## **A MINUTE OF HEALTH WITH CDC**

### *Get Enough Sleep*

*Prevalence of Healthy Sleep Duration among Adults — United State, 2014*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Giving our bodies enough time to rest and recover is key for maintaining good health. Adults should get at least seven hours of sleep each night. Too little sleep is associated with obesity, high blood pressure, diabetes, heart disease, stroke, and even death. Insufficient sleep can also impact our mental alertness, which can result in motor-vehicle crashes, work-related accidents, and loss of productivity. Make sleep a priority and stick to a consistent schedule, even on the weekends. Avoid large meals, caffeine, and alcohol before bed. If you're having trouble getting adequate sleep, talk to your health-care provider.

Thank you for joining us on a Minute of Health with CDC.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*